

ASC Nordic-X

Auburn Ski Club Training Center, Soda Springs, CA Saturday, March 20 11 A.M. 1K, Freestyle Interval start 1 lap http://asctrainingcenter.org

Forecast/Conditions: New snow on Friday with overnight low of 22, temperature at start 32. Expect transforming snow with a 20 percent chance of new snow on Saturday morning.

Glidewax: Apply Base Performance Blue Hot Wax, scrape and brush. Spray on Base Performance Red Liquid Paraffin, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, after scraping and brushing BP Blue Hot Wax, apply BP Red Hot Wax, scrape and brush.

Gripwax: N/A

Structure: A universal structure covered by one pass with the Yellow Structurite tool after scraping and brushing the final BP Hot Wax or before spraying BP Liquid will best suit these conditions.

Created by Ben Grasseschi, Toko Tech Team member since 2003.

Check the <u>Wax Tips</u> page at <u>TokoUS.com</u> before all of your races for the latest waxing information. Toko Race Wax Tips offer racers precise waxing advice on how to make skis perform optimally for a given event. If an event allows fluorinated waxes and you choose to use them, use High Performance or Performance (Liquid Paraffin or Hot Wax) of the same color (Yellow, Red or Blue), as the temperature ranges are the same. To see optimal application procedures for both Glidewax and Gripwax, go to the How To link at TokoUS.com.

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